Are you a competitive swimmer with shoulder pain?

The purpose of this study is to investigate the utility of a clinical exam to classify individuals with excessive shoulder motion.

You may be eligible to participate in this study if:

★ You are between the ages of 18-55 years
★ You are a competitive swimmer (swim 3 hours per week, 2 miles per workout, and have trained with a coach)
★ You currently have shoulder pain
★ Pain has been present for the last 6 weeks or longer
★ You do not have a history of shoulder, clavicle fracture, or surgery
★ You do not have a current diagnosis of frozen shoulder, shoulder dislocation, or rotator cuff tear.

Participation will require 2-3 visits totaling approximately 3 hours. The visits will consist of a clinical examination of your shoulder in which we will gather information on your shoulder joint motion, posture, and shoulder muscle strength. You will be asked to raise your arm overhead and pull downward against resistance several times while shoulder motion data are collected using low dose fluoroscopy (x-ray). During the second visit, you will undergo a shoulder MRI to collect information about your shoulder anatomy.

There is no compensation available at this time.

Please scan the code or contact Justin Staker, PT (stak@umn.edu or 612-624-8250) to fill out a secure questionnaire.